

# INNSGP Goals

Children in SNAP-Ed participating schools will:

1. Increase daily consumption of fruits and vegetables.
2. Be physically active every day.
3. Consume low-fat or fat-free milk and milk products every day.



# Lesson Components

## Required

- Physical activity
- Tasting (plain)
- Asking discussion
- Take home items
- Knowledge
- Engage
- Incentives

## Flexible

- Specific physical activity
- Other flavors
- Order
- Book
- Activities
- Fun Facts / What you need to know
- Worksheets, diagrams